



HEALTH AWARENESS

Women Take Health To Heart

(NAPS)—Only 57 percent of women are aware that heart disease is the leading cause of death among women. Yet, one in three American women dies of it. In addition, many women don't take heart disease seriously and often don't make the connection between heart disease risk factors—such as high blood pressure and high cholesterol—and their personal risk of developing heart disease.

A nationwide campaign—*The Heart Truth*—is underway to raise awareness that heart disease is the #1 killer of women.

You can learn about your personal risk by asking the doctor these important questions:

1. What is my risk for heart disease?
2. What are my blood pressure, cholesterol (total, LDL, HDL and triglycerides), body mass index, and blood glucose numbers? What do they mean for me and what do I need to do about it?
3. What other screening tests for heart disease do I need? How often should I return for check-ups for my heart health?
4. What can you do to help me quit smoking?
5. How can I tell if I may be having a heart attack? If I'm having one, what should I do?

Heart-Healthy Eating

The next time you get together with your family, try making their favorite meal in more of a heart healthy way. *The Heart Truth* provides a number of healthy versions of recipes for such favorites as



The Red Dress Pin is the national symbol for women and heart disease awareness. It serves as a red alert for women—reminding them of *The Heart Truth* message: “Heart Disease Doesn’t Care What You Wear—It’s the #1 Killer of Women.”

sweet, Southern-style barbecued chicken, classic but lower-fat macaroni and cheese, moist apple coffee cake, and many more. Women can also make their favorite recipes heart healthy by making easy, tasty ingredient substitutions for eggs, butter, salt, and shortening.

The Heart Truth campaign is sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health of the U.S. Department of Health and Human Services.

For recipes and more tips on heart healthy living, look for “When Delicious Meets Nutritious: Recipes for Heart Health” and other heart health information on www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).

Healthy Ideas

Heart disease is the number-one killer of American women. A national campaign called *The Heart Truth* is underway to raise awareness that heart disease is the number one killer of women in the United States. Sponsored by the National Heart, Lung, and Blood Institute, the campaign offers tips, information, and statistics about heart disease as well as heart healthy versions of favorite recipes. For more information, visit www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).